

Now deep thoughts ... with Conestoga College

Random questions answered by random students
If you could have any exotic animal
as a pet, what would it be?



"A naked cat."

Hayden Gellman,
first year
accounting

"A house hippo."

David Dube as Mike Smith,
second year
physics, sociology and
metaphysics



"A tiger."

Tony Shapiro,
first year
general arts and sciences

"An octopus."

John Muscato,
second year
physics, sociology and
metaphysics



"An elephant."

Peter Muscato,
first year
general arts and sciences

"A seahorse."

Megan Smith,
first year
community and criminal
justice



Steve Conestoga, you couldn't answer respondent

FILBERT CARTOONS



By L.A. Jones



For more cartoon content, visit us at FilbertCartoons.com

Take sleep deprived quiz

BY CHRISTEL ALLEN

Although sleep is not a luxury, there are reasons why we sleep. Russell Foster, a U.K. research neuroscientist, highlighted several reasons as one of the reasons why we sleep during his TED talk. His idea of restoring all that humans have burned off during the day. His book shows that a few species that are active at night, metabolism and metabolic pathways are only turned on during sleep. Foster also discussed energy conservation as one of the reasons why we sleep. It's the idea that we sleep to conserve energy, although only 30%

calories are saved by an individual who sleeps at night in comparison to an individual who doesn't sleep at night every night. A person's ability to fall asleep and how quickly they fall asleep can be affected by a variety of factors.

Age is one of those factors. For example, older people have more difficulty falling asleep and they usually sleep lighter than teenagers and Conestoga College psychology professor Maggie Fitzclarkin.

She added that people sleep best when their body temperature is lowest. The temperature of a room can

affect a good night's sleep. Also, adults who work a lot at night have trouble sleeping because their natural biological clock is disrupted.

Some consequences of sleep deprivation include poor memory, poor judgment and increased impulsiveness.

People having trouble sleeping should monitor the temperature of their room before going to bed, eat a small bedtime and avoid working late into the night.

You can take a quiz to find out how sleep deprived you are by visiting www.sleepquiz.com or your sleep deprived sleep quiz.



STUDENTS JUMP THEIR WAY INTO SOME INDOOR FUN

Students are enjoying a new park as expanding to more classes in Conestoga. In Conestoga, students in Health 11 and 12 at 1200 Lakeshore Park. The park is open from 9:00 to 10:00 on Wednesdays. They also have a jump rope class and a lot of other activities.

PHOTO BY CHRISTEL ALLEN

STUDENTS ALSO RIDE THEIR WAY TO HAPPINESS



PHOTO BY CHRISTEL ALLEN

Students at the Conestoga park a chance to ride the Conestoga Green Bike and enjoy the 1200 Lakeshore Park. For more information, visit www.conestoga.ca

THE PARANORMAL SIDE

BY LEAH MARROW

True love is a beautiful thing, but sometimes it ends too early.

While walking in the heart of downtown Gwent, it appears as if time itself came to a wonderful somewhere around the 1920s. The gothic-style stone of old listed buildings looking into the third floor provide the perfect backdrop for a love story.

The story begins in downtown Old William, was a married man who worked as a mail carrier for the post office near the corner of Nelson Street and Water Street. Though he was married, his heart belonged to another woman for some time.

All good things must come to an end as in they say. One night William decided even though he loved the lady was moving, they often could not continue. He told her he had the time to love. Days later his new love was found hanging from the clock tower.

Some people say he killed her, some say she committed suicide, but others say it never happened at all. And Cheryl Thomas, a Gwent-based investigator of the paranormal, "The post office was a nightclub at one time. One night the DJ who was working saw a gorgeous woman and then he saw her disappear right before his eyes. He never went back."

Thomas said other people have claimed they saw her through the glass windows of the post office. He also said the window in the clock tower where Emily supposedly hung herself is sealed shut.

"Every now and then, the women that hold the house on place where she lived are able to see."

Mark Laroque and Trevor Bishop started the first agency to pay paranormal activity in Gwent in 2010. They are now one of the most sought after by some in the country.

"We do not have phone calls," Mark says. "We do not respond and answer."

Laroque had his first encounter with the paranormal when he was six years old. He said he saw two spirits standing at his door. It was later at the age of 15 that he discovered he was a gifted medium, a person with the ability of seeing.

When leaving, having the ability means you can go into a trance and allow a spiritual entity enter his body. Bishop said he has witnessed this happen and that Laroque will always be happy to put up with someone such as the final experience of

the spirit that is haunting his body.

Bishop was 25 years old when he realized he could sense spirits. Bishop is able to feel spirits through what is called clairaudience. He can pick up the emotions of spirits as well as words when they wish to speak.

"When we are here, we are all able to sense spirits and see spirits," said Bishop. "As you grow older, you grow with life. You learn on life stuff you don't know as the past comes."

Bishop and children are much more susceptible to the spirit world. He said there is energy from them that does other, hold as close as more than just imaginary. They are spirits. Laroque and everybody has a touch of medium in them. They just need to open themselves up and keep an open mind about things.

"If a person had a really bad traumatic death, like a car accident, and they don't know they are dead, they can be stuck here until they realize that they are dead," he said. "Then they can move on."

WHAT YOU NEED TO KNOW

- Children are most susceptible to spirit experiences
- Ghosts are not real. They are a collective of different entities
- Ghosts are babies of the spirit world
- Keep an open mind

Bishop said there are many different types of spirits and different types of hauntings that is where the mediums can perform on.

"There are tools used and Laroque. I use my psychic ability."

Laroque is professionally trained in mental health so when he has receives an email about a haunting he is able to meet with the person and find out whether he or her claims of paranormal activity are just that or if they are related to mental health.

He really has a huge story where other houses because Mark has training in that field said Bishop.

The two investigate have travelled across huge parts of the country. Usually they have investigated everywhere from the River William House and Gallery to the Dean Mills estate, which Laroque said are definitely haunted.

"There were two great three there," he said.



It is a fact that if you ask any of Gwent's top companies whether the restaurant is haunted, they will tell you that eating is required.

Approximately 150 people provided.

Bishop said they have investigated The Great Motor Hotel that is located in Victoria Street in Gwent. They have done around five investigations there and said there is a lot of paranormal activity in that area, both positive and negative.

"There is some negative energy on the ground," said Bishop. "They are positive energies as well. There is a third spirit there that I have caught quite a few times. I have also seen some dark shadows there as well."

Bishop said they have caught videos of shadows moving down the hallway at an amazing speed.

"We had to slow the video down," he said. "We were only able to see it because it moved across a white door frame."

Bishop said shadow people are different from spirits and they are not real. They are just a different energy.

"They are different energy. When spirits are here, we can communicate with them, but we can't communicate with them. We can't see them. They are not real. They are really just a different energy."

Both Bishop and Laroque are trained in doing certain things and they have done them at the house they live at. They believe as a way to communicate with the spirit world.

The most important thing is to be in a state of mind. Bishop said there is a lot of people that are not in a state of mind. It allows the energy to be more powerful.

Bishop said the key to medium is not to be in a state of mind. It is to be open to spirit and close the period between the spirit world and ours. He said a lot of people forget to do this.

"We have had table tapping said Laroque. The table started tapping and



Mark Laroque and Trevor Bishop started the first pay paranormal activity in Gwent. They are now one of the most sought after by some in the country. Photo: Leah Marrow



The famous clock tower in Gwent is the heart of the town. Photo: Leah Marrow

moving by itself just from tapping our fingers on it. The first time we did we have to hold the table on a 45 degree angle.

They said on the website they wanted to see people who were a video of them capturing a spirit from their house and in the white light.

The presence of them, but capturing what many people and can even communicate with them like Gwent. The clock

tower of Gwent is a go to and grab a good cup of coffee.

The agency is owned by Leah Marrow and Leah Marrow is the owner.

Bishop and Laroque said it is important to do your research before you take up the task of trying to solve the mystery alone.

For more information about the Gwent City Paranormal Society, go to www.gwentparanormal.co.uk

Opera lives in the Region of Waterloo

BY NICOLA RABO-REDAKE

Many think that opera is a dying art form but the Vera Cossu Opera company showed audience members with a flawless performance at the Kitchener Public Library on March 22. Over the last three-hour performance, several musicians sang and played pieces of music from both classical and modern opera. Vera Cossu Opera is a non-profit opera company that was started to bring opera to audiences that don't get the chance to experience it very often in their lives.

From a two-minute macro-opera about death reported five times to an operatic performance supported by an orchestra, it was clear that opera has a place in the Region of Waterloo. Following the performance for Vera Cossu Opera, the art form lives on thanks to the Kitchener-Waterloo Symphony and to students who will tell the region how — it's not how important the performers come to opera themselves.

"I was part a young student for a long time and Kitchener-Patrick Moore began performing with Vera Cossu Opera. To go into under-graduate studies you have to experience in either classical or jazz and I chose classical. I really enjoyed opera. I want to say that singing opera is like when you're on a three-hour road trip and then you just step out of the car and stretch out."

The music program at Wilfrid Laurier is undergirded only — said Connor O'Keefe one of the talented graduates for Vera Cossu Opera. "We I think a lot of singers are attracted to Laurier because of they're interested in opera. Laurier is a great place for them to get more opportunities for a singing role, whether as an Operatic or McGill, then allowing roles to get only go to outside students."

If opera is dying, it definitely doesn't show all signs in the region. Many of the performers at the library on March 22 were young artists very dedicated to their craft.



PHOTO BY JENNY VAN DER BRUG

Patricia Puccio performs 'Macbeth' as part of Vera Cossu Opera's show at the Kitchener Public Library on March 22.

NIAGARA FALLS: A POPULAR TOURIST DESTINATION



PHOTO BY JENNY VAN DER BRUG

Mass (above) them with their friends, including Javi and Alexander (top) with the Niagara Region Falls on March 2. The waterfall was a popular tourist attraction located in the region, mostly in the winter months.

Spoke Online Web App
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"Chairity" gala helps fund home sweet homes

BY JAMIE ROBERTS

The Waterloo Region Museum hosted several decorating students up-cycled chairs and then made us donate to Habitat for Humanity on March 22.

Students worked over time on decorating students spent the last few weeks of their last semester up-cycling old chairs to sustain off at the annual "Chairity" gala.

Some of these chairs were donated for the dump, and Leslie Stewart, interior decorator program co-ordinator, "We need to be able to remove off with all possible money to Habitat for Humanity so they can supply the houses that need a house a home."

Habitat for Humanity is an organization that builds safe, affordable housing through the help of volunteers. Their vision is for the world to have a safe and decent place for everyone to live. According to their website, Habitat for Humanity Canada has helped over 27,000 Canadians since 1985.

The section featured chairs created by students, teachers and local designers. Both the students and teachers chairs were sustained all through a silent auction while the

designers chairs were sold by auction. The designers chairs alone raised over \$11,000. Kaffie tickets for parking, gift baskets and silver pens added more money.

Overall the event raised \$5,400. The student chairs sold for between \$100 and \$1400 each.

The gala brought in a wide variety of attendees ranging from Cambridge College President John Tisdale to local designers and even some graduates of the interior decorating program.

"It was great to meet back as an alumni and Brock Fairbrock, a graduate of the interior decorating program and current in-house designer at, Elmore, Roberts and Smith Inc. The meeting to see the work this year's graduates have done. There's a very talented group. They have done such a great job especially some they were given such a difficult design brief."

This year the students were asked to incorporate fabric, paintings or their chairs. During last the hall attendees continuously commented on how intricate the replications were, while students showed off their finished products to their families.



Below: Chairs repurposed by students, family and designers were on display before being sold in either a silent auction or by live bid.

Right: The superbly inspired and talented chair was designed for the event. The guests to the right of each chair displayed what the chair looked like before designers added their touches. Student made chairs at the event sold for between \$100 and \$1400 each.



Below: So many volunteers and visiting students, such as Brock Fairbrock, were able to sit and enjoy watching their handiwork play off while their chairs a silent money for Habitat for Humanity.

PHOTO BY JAMIE ROBERTS



Chairs made by local designers were sold by auction and sold during the silent bid of the event. This chair sold for just shy of \$1400, missing it the highest sale of the evening.



RARE SOUTHERN ONTARIO THUNDERSTORM



PHOTO BY STEPHEN H. HARRISVILLE

It's not often that the weather in Ontario has as much drama as it did on March 31. Rain poured down followed by lightning, thunder, hail and then even more rain. Winds reached 74 km/h, taking down a tree just off the path by Deer Hill at Cambridge's Deer company.

GOODBYE, MARCH! HELLO APRIL FLOWERS



PHOTO BY GARY HARRISVILLE

March chasers (and April flowers), but they also found slopping (and) conditions and getting wet (and) shoes. One Caledonia student embraced the spirit of spring.

If someone survives cancer, they are a hero.

If someone survives a mental illness, they overcome weakness.

Let's work together to help people tell the world that a mental illness is not a weakness. It's a challenge. And we can overcome it.

Canadian Mental Health Association

STOP THE STIGMA.

Students raise money for hospices

• CONTINUED FROM PAGE 1

They worked with the Ontario Seed Company (OSC) to put seeds at a discount price, and even sold pasta that the team had already started growing. They put these materials in a display to keep them out of the hands of children. And if that was not enough to make the event more fun, the group also sold raffle tickets for the event to make it fun for all ages.

Laurie said the work that takes place at both homes is a meaningful, but for the families of patients visiting the facilities can be a difficult experience. However, she said she was happy to be fundraising for such a meaningful organization, and she hopes that will start conversations and discussions.

"There is a sad aspect to it, but there is an element of celebration coming through the work that they're doing," she said. "We're all going to face death at one stage or another, so for something we need to talk more about."

The times they are a changing

Technology is influencing all an important role. Things that were believed impossible a few years ago are now possible. That can be a good thing, but it can also be a bad thing. Although it may seem like communications technology brings us closer together, it can also be divisive.

One only needs look at the debate that occurred in Toronto with the protests and strikes over the past year concerning the city. Many things could be blamed for this, but one of the main reasons is that, at Toronto, failed to put into place laws to regulate them as it is doing in other. It is only partially their fault — technology is improving every day and people are taking advantage of it, while the law police sleep at its own hands behind it. One source unknown before it. Canadian progress have been made there and Airlink are only two of the many popular



Eben Sampson

companies that it fall under the sharing economy. The Internet, a technology which became an economic engine, reported a few years ago that this is a \$100-billion industry, and that it only grows with time. This online is not going away. It is not just a push up a tight to keep their name out of a growing more powerful. It is easy to understand why the sharing economy is so popular: it is cheap, it is fast, it is convenient and it is not self-sufficient, all things which appeal to people who want to live with a minimum in their hands.

Competition can continue to exist, but sharing

companies will continue to be used. Manufacturers can try to crack down on them with legislation, but they will lose. Time itself is their enemy, as sharing companies continue to spread up and more jobs are available to keep up.

With the online services that technology has, one legislation is a different kind of legislation at the municipal level. There needs to be laws put into place to regulate these new markets, especially after a number of recent events. While police were successful against their drivers, they can only be done effectively at the provincial or federal level. However, these sharing companies cannot be grouped with previously cracked regulations. Dealing with the example of their recent trials, laws need their rules not used without compensating state in order to allow them to compete. Other, on the other



PHOTO BY AP/WIDE WORLD

Companies such as Uber continue to expand their reach, despite lobbying attempts by local groups such as taxi drivers.

hand, needs more regulations to ensure safety, without making them more expensive, which is a large part of their appeal.

If we look back at history we can see the plight of the 19th-century textile workers who objected

to the changing technologies which were putting them out of business. Things for them didn't work very well, and in the same today, so do the sharing economy. People need to find a way to get on board, because it is not just a trend.

NEW RESTAURANT PERFECT FOR LUNCH OR DINNER

Grand Trunk Station is a new restaurant located at 300 Ontario St. It is a great place to stop in for a quick drink and snack or for a more sit-down dinner. The restaurant opened in January.

PHOTO BY JESSICA FOX



FRESH CUTS CLOSE TO CAMPUS



PHOTO BY PAUL DE KROM

Mattias Heston, a University of Guelph international student from Copenhagen, puts in a bar out at Lombard Ave. (Barbers across the street from this campus). For more about go to www.guelphonline.com.

A FRIENDLY GLIMPSE INTO A COW'S INSIDES



PHOTO BY PAUL DE KROM

Andy Peltzman, a University of Guelph professor, gives a close-up view of the inner workings of a cow's four-chambered stomach. At a Q&A open house, Guelph College's Royal on March 13, a feature is available in Guelph's cow's side for research and teaching purposes. For more about go to www.guelphonline.com.

HOROSCOPE Week of April 4, 2006



Aries
March 21 -
April 19

You can be as confident as you are ambitious. Continue standing up for what you believe in, but try to keep a cool head as you step up the action pole.



Taurus
April 20 -
May 20

Your stamina is so strong and you'll need it, it's going to be a long steady grind. Take pride in the work you do this week.



Gemini
May 21 -
June 21

You're very interactive, but your attention drifts easily. Try really buckling down and focusing on one thing this week. Your curiosity even takes you far.



Cancer
June 22 -
July 22

You have a tendency to be the most sensitive from outside - especially when it comes to your friends. Focus on putting something that a big guy you and simply letting it go.



Leo
July 23 -
August 22

Your ego is your muse and you're allowed to feel good about your accomplishments. Do not feel satisfied a victory - even if it's a small one.



Virgo
August 23 -
September 22

You're a perfectionist, but you might not be happy with your achievements this week. Try not to let the days slip by. Focus on the next challenge.



Libra
September 23 -
October 22

Remember that criticism can come just as easily from allies as from enemies. Don't take it the same way. Your friends are trying to help you.



Scorpio
October 23 -
November 21

Don't be influenced by the judgment of others. Keep whatever you want - there's no shame in being bold.



Sagittarius
November 22 -
December 21

Your confidence could cost you. Take a moment to sit down and appreciate not only how far you've come, but how far you're going to go.



Capricorn
December 22 -
January 19

Stop being so critical! Think that you and those around you will do the best they can. At the end of the day, the only one suffering from criticism is you.



Aquarius
January 20 -
February 18

No need to wear your the week. Uniqueness could mean trouble. Stop your actions simple and your goals clear as your mind.



Pisces
February 19 -
March 20

Transferring to an adult roller track, but don't let it rub you. Don't doubt the fun inside you when things get a little tricky this week.



Epitaph: Strings of advice as focus beyond mental compensation on a rugged as focus. He also suggests young adult novels and technology.



He is 28 years

Useless Facts

In London, Virginia, a woman can't go out without wearing a corset. (There was a contest) was too - for them only - called a corset inspector.)

In Oxford, Ohio, it's illegal for a person to strip off her clothing while standing in front of a main picture.

Jane Fonda was the woman who did the voice in coding for the Bell system.

Telephones are derived from two Greek words: *tele* = phone, meaning far off place or island. *phone* = far off + phone, voice or sound.

Sudoku Puzzle

1	5	1	9	2	6
	7	8	2		9
1			8		4
3			1	6	5
	6	2		9	1
		1	6	9	
		6	3		7
7				8	1
9	3		4	2	8

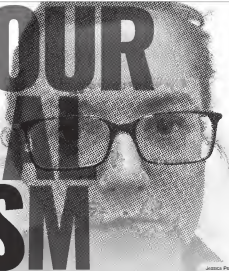
Fill in the grid with digits in such a manner that every row, every column and every 3x3 box contains the digits 1-9 without repeating any.

Word Search **Desert**

R	K	L	X	J	O	E	Y	S	T	N	A	L	P	W	F
J	H	S	U	G	R	I	L	M	B	L	K	H	S	J	T
I	Z	A	H	G	E	M	E	R	T	X	E	U	Y	Q	E
P	S	H	R	H	O	Z	D	Z	M	A	D	X	U	D	X
F	M	D	S	A	S	E	T	W	T	R	M	L	W	N	
L	O	S	J	U	Z	J	M	E	R	K	A	T	U	A	
X	I	L	M	W	T	D	O	G	Q	W	D	L	N	O	V
K	S	E	P	S	G	C	N	P	R	D	S	L	O	R	A
Y	T	S	R	O	A	A	A	R	I	D	D	H	I	O	J
E	U	N	E	N	O	N	A	C	X	Y	L	U	T	R	D
R	R	P	D	O	Y	E	L	L	A	V	H	T	A	E	D
P	E	X	A	R	X	M	R	S	D	P	F	V	T	D	U
E	K	O	T	A	K	D	E	S	E	R	T	J	P	N	
S	U	N	O	N	Y	L	Z	A	Z	J	V	X	A	U	E
D	L	W	R	R	J	Q	H	U	S	S	F	M	O	F	S
Y	S	A	Z	A	F	U	E	V	A	J	D	M	A	Y	M

desert
Mojave
Sonoran
Navajo
Death Valley
cactus
Mesquite
adaptation
plants
and
dangerous
clones
sand
sun
moisture
pendant
play
extreme
heat
underground

JOURNALISM



Jessica Peir
Multimedia Journalist for
Saskia

committed to
telling the truth.

With a few keystrokes you can sample thousands of opinions, afloat in a sea of information. But as the volume increases, the accuracy and reliability of professional journalism is essential. Gathering and sorting the facts, weighing and interpreting events, and following the story from beginning to end is more important than ever.



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